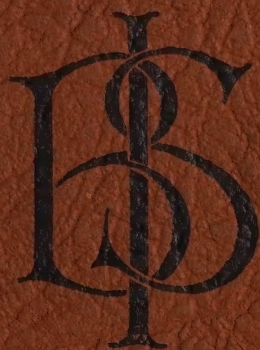


**SPEECH
CORRECTION
FOR STAMMERERS**



**THE BRITISH INSTITUTE
OF SPEECH
LONDON**



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THE BRITISH INSTITUTE OF SPEECH

Principal: S. DRAYTON RAW

73 HIGH STREET, MARYLEBONE

LONDON, W.1.

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Mr. S. DRAYTON RAW

Principal of the British Institute of Speech
From a Charcoal Study by Bernard Palmer

THE BRITISH INSTITUTE OF SPEECH

THE BRITISH INSTITUTE OF SPEECH is devoted to the correction of stammering, stuttering and other speech impediments and the development of Perfect Speech. The Institute is an educational Institution where each student receives scientific treatment according to the requirements of his or her individual case. Every case presents its peculiar difficulties and in order to obtain a complete and permanent cure each should, therefore, receive individual and personal treatment.

The system used is based on extensive research covering the whole field of speech impediments. It has been perfected as the result of long and successful experience in dealing with stammerers of every age and type and of many different nationalities. Mr. Drayton Raw, the Principal of the Institute, has come into contact with thousands of sufferers from speech defects. He is the possessor of that intimate knowledge and insight into the problems of the stammerer that come only from constant association with those afflicted. This fact, combined with the abundance of energy and enthusiasm that he puts into this difficult work, largely accounts for the outstanding and consistent success achieved.

The Natural System

The system used differs in many respects from any other method of speech correction. It does not consist merely of exercises in articulation, correct breathing and relaxation ; " time-beating " with the arm ; " speaking methods " or classes at which students speak. The system is designed to effect the complete and permanent correction of stammering in all its phases, and is purely educational. There is no medical treatment or physical examination.

The basic causes are first removed by a process of psychological re-education. Vocal and mental co-ordination is re-established and the vocal organs trained to function without conscious effort. By using the correct method of speech all tension is eliminated and the words flow out freely and naturally. Finally mental poise is developed to ensure that the control is permanent.

It can readily be appreciated that the successful undertaking of this work demands not only a thorough grasp of the psychological aspects of the matter, but in addition a wide practical experience which can only be gained through contact with thousands of cases.

Periodical Reports

While you are under treatment your case is kept under constant observation. The instruction given to you is carefully noted and periodical reports are made of your improvement in order that your progress may be followed throughout the whole of the treatment.

Personal Treatment Only

Stammering cannot be cured by correspondence, and we therefore regret that we cannot accede to the many requests which we are constantly receiving for correspondence treatment.

Each case presents its own individual characteristics and peculiarities, and although on the surface many cases appear to be very similar to one another, yet in reality the basic causes vary in almost every instance. To obtain a permanent cure the student should receive personal and individual attention throughout the whole of the treatment, which is, of course, impossible by correspondence.

The British Institute refuses to countenance any form of instruction that fails to give complete and lasting results, and it is for this reason that our Natural System is given only in personal treatment.

Time Required

It is not possible to state a standardized length of time necessary for the treatment, since this varies with the severity of the individual case and with the amount of co-operation given by the student concerned. Many students have regained their freedom of speech in a remarkably short space of time, as will be seen from a perusal of the letters which appear on other pages of this book.

Fee for Treatment

The fee varies according to the severity of the case and the amount of personal attention necessary. If you have not already received a "History of Case" Form we shall be glad to forward this on request. If you will fill in this form and return it to the Institute your case will be carefully examined and we will then quote you the fee for treatment. If possible you should arrange for a personal Consultation in addition to the written history of your case.

Instruction You Will Enjoy

IT may surprise you to learn that you will *enjoy* every minute of your treatment. From the moment you commence this training you will be inspired by the invigorating atmosphere of cheerfulness and friendliness that prevails. In this new and helpful environment the bashful and retiring student quickly throws off his former timidity and replaces it with enthusiasm and whole-hearted co-operation.

Many have told us that the hours they have spent under treatment were some of the happiest of their lives, and that they will cherish them in memory as long as they live. "I am sorry it is our last meeting" is an expression which has been made by hundreds who have stepped forth with the new confidence born of perfect speech.

Rich or Poor?

Stammering makes no distinction of classes, education or material wealth. From the university graduate to the humble artisan, from the nobleman to the labourer, from rich and poor alike, stammering takes an equal toll in the number of blighted lives. Your personal circumstances will make no difference whatever to your instruction at the Institute. Men and women

of almost every known occupation and profession have benefited by this treatment and students have included many men and women prominent in business and the professions.

No Interference with Your Work

Naturally you will wish to know whether attendance at the Institute will conflict with your work. Treatment is given in the evenings as well as during the day, so that if you are engaged in business you can continue your usual occupation without in any way hampering your progress. Children, visitors to London and others free during the day may take treatment in the afternoons or at such times as is arranged. Students living within 100 miles or so of the Metropolis may arrange to come up to the Institute for evening treatment and return home afterwards. Those living at a greater distance are recommended to arrange a visit either during their next vacation or at the earliest time possible. For those who are in London for a limited period only an intensive course of treatment is given to ensure that correction is obtained in the quickest time possible compatible with lasting results. Every effort is made to fit in with the convenience of the individual student.

Speak Perfect English

Students of the British Institute learn to speak cultured English. You need have no fear that you will be taught the jargon used by some teachers of speech correction. Under the supervision of the Principal, now himself a fluent and easy speaker, you will learn to speak smoothly in clear, well-articulated English free from foreign or provincial accents.

Strangers to London

If you are a stranger to London you will find that we shall do everything possible to make your visit an enjoyable one in every way, from the moment of your arrival. If you will notify us in advance a member of the Staff of the Institute will meet your train on arrival, will see you and your luggage comfortably installed, and will then bring you on to the Institute. You will find an atmosphere of friendliness and helpfulness and a desire to relieve you of the minor details which make travelling and sightseeing a burden to those who are visiting the Metropolis for the first time.

Foreign Students

Treatment is given only in English, and it is necessary for students to have a fair knowledge of the language. The Natural System used at the Institute has proved itself equally successful with students from almost

every civilised country. Many who have travelled long distances have said that no journey would have been too great to avail themselves of the opportunity to regain freedom of speech.

Accommodation in London

The Institute is always pleased to arrange accommodation for students visiting London and a Register of suitable quarters is maintained for this purpose. The list includes accommodation of all grades to meet every type of requirement; this has in each case been personally inspected and can be thoroughly recommended.

A Holiday You will Remember

If you live at a distance from London you should arrange to visit the Institute during your next vacation. There is no finer holiday centre in the world than London, and while undergoing treatment you will be able to enjoy to the full the pleasures of the Metropolis. There are ample facilities for every form of recreation and amusement within easy reach of the Institute. No holiday could be better spent than in regaining Perfect Speech, for this is no fleeting pleasure that fades from memory with the passage of time, but a lasting reality that will prove a life-long souvenir of the most profitable and enjoyable holiday you have ever spent.

Types of Stammering

OWING to the fact that the word 'stammering' is generally used in ordinary conversation to cover all the different forms of speech impediments we must first make clear that there are four main classes of nervous speech disorders, namely, stuttering, stammering, cluttering and nervous hesitation. Each one of these is separate and distinct from the others.

Stuttering

Stuttering consists of the rapid repetition of the initial sound or first letter of a word. The stutterer is unable to move on from the opening sound, but keeps repeating it. Instead of saying 'kitchen' he says, k-k-k-k-kitchen.

Stammering

Stammering is in a way the reverse of stuttering, for instead of repeating the sound, the stammerer dwells on the sound and fails to get it out. He may stick at the start of the word, in the middle or at the end.

Cluttering

Cluttering is the running together of a number of words in a sentence—not just the joining of the words together, for that is often helpful to a stammerer. Cluttering consists of

telescoping the words one into the other, with the result that parts of words are omitted or slurred over. The resulting speech is a sort of jargon which it is very difficult for the hearer to understand. Cluttering arises from hurried, choppy speech.

Nervous Hesitation

Nervous hesitation consists of agitated, faltering speech. A person suffering from nervous hesitation who wants to buy a pound of tea may walk into a shop and say, "Good morning please—can you give me—a pound—of tea?" Often people with nervous hesitation are very clever in trying to disguise the fact. They do this by filling in all their hesitations with sounds or words such as 'er' or 'ah'—"Er, Good morning, er, please, er, can you give me, er, a pound of tea, er." Nervous hesitation is a very common form of speech impediment and it is often noticeable at the commencement of a sentence. The sufferer wishes to speak, but for some time, it may be a quarter of a minute, half a minute or longer, up to several minutes, he can produce no sound at all. Frequently this is accompanied by some nervous habit such as closing the eyes or twitching of the mouth or face. Some sufferers from hesitation fail to realise their impediment in the way

that the stammerer or stutterer does. While hesitation is not such a serious handicap as stammering, stuttering or cluttering, in a way it is all the more insidious, for sometimes the person who talks in this way does not take the necessary steps to rid himself of this defect, even though it is bound to be a severe handicap. Whenever he has to speak he is definitely at a serious disadvantage and is unable to do himself justice.

We have discussed these four speech defects separately, but it should not be thought that they are usually found separately, for this is not the case. Nervous hesitation in speaking is, of course, often present without any trace of stammering, stuttering or cluttering. It frequently happens, for example, when an inexperienced speaker is called on to face an audience for the first time that he feels nervous and ill at ease. The result is that he suffers from nervous hesitation, and in most cases tries to disguise it by filling up his sentences with meaningless monosyllables. Stammering, stuttering and cluttering, however, are very often found combined in one person, though usually one of these defects is more pronounced than the others.

There are an enormous number of variations and it cannot be emphasized too strongly that no two cases of speech

impediment are exactly alike. Even if we take two examples which appear to be the same, as for instance with two people who stutter only without any trace of the other forms of defect, the result or symptom is the same, but on investigation we shall almost certainly find that the cause is different in each case. In the permanent correction of speech impediments it is the causes that we must deal with and not the symptoms.

The word "stammering" is, however, used in this book in the sense that it is commonly used, that is to say to cover all the four varieties of impediment which have been outlined.

Intensity

Stammering varies greatly in its intensity. It may be just a slight tendency to trip on a word, or in serious cases it may be that the whole body of the stammerer is affected. He is seized with a convulsive inability to produce any sound at all, and this is accompanied by a profound effect on the whole body. We have to remember that *fear of speech* is one of the principal factors in stammering, and fear of speech, just as every other form of fear, has a definite physical effect on the body.

Physical Accompaniments

In serious cases of speech fright the sufferer may go red in the face, there may be trembling of the limbs, stoppage of saliva, spasmodic twitching of the mouth or face, cold perspiration and mental confusion in addition to the vocal defect. The nervous dread of speaking has a dulling and even a paralysing effect, and one of the worst states produced is the condition of nervous tension which disturbs all the functions and impairs efficiency in every direction.

Varying Occasions

There are some inveterate stammerers who stammer almost every time they speak, but for the most part it is intermittent, and occurs only on certain occasions, which vary with the person concerned. Often we find a stammerer is perfectly all right when speaking in his home or amongst his intimate friends, but when among strangers he stammers. Sometimes the reverse happens, and he is all right except with people he knows. He can speak very much better if the person to whom he is talking is unaware that he stammers. Many people who are employed at work which they like and at which they are experts do not stammer at work, but when they get outside their office, factory or other place of employment the defect is noticeable. Others seldom stammer anywhere except at their work. Some

people can speak almost perfectly on all occasions except when they have to interview their employer, foreman, manager or some other person of importance. Many have lost situations simply because as soon as they started to speak to the Manager when applying for the position they have stammered hopelessly. Some stammer only when talking to a number of people at once. They can speak almost perfectly in conversation with one person, but in a roomful of people they stammer. Others stammer principally when trying to speak over the telephone. A dread of having to use this instrument is very common, and varies in degree from a simple dislike to a positive phobia. Still others can speak quite well on a platform before an audience, but in private conversation they find difficulty. There is no limit to the types and varieties of stammering and the different circumstances in which the impediment shows itself.

Disguising

Stammerers become wonderfully clever at disguising their affliction by avoiding difficult words and replacing them with others. Long and unhappy experience has taught them the letters and sounds on which they expect to stick and they become adepts at twisting their words and sentences about so that they do not stammer. While these subterfuges are helpful to the sufferer inasmuch as they

enable him to speak more easily, this kind of speech is, of course, bound to appear laboured and lacking in ease, fluency and freedom.

All Classes of Society

An interesting fact is that stammering is no respecter of persons—it affects all classes of society in about equal measure. It makes no distinction between rich or poor, educated or uneducated.

Intermittent Tendency

There are many stammerers who believe that they are outgrowing their defect, an idea which is usually fostered by friends and relatives. Unfortunately this belief is almost invariably a case of the wish being father to the thought. The majority of sufferers have periods of stammering. For some time there seems to be a considerable improvement, and then without apparent reason or warning the speech impediment returns fully as bad as it was before. In many instances this tragedy is repeated time after time, the sufferer continually feeling certain that at last he has thrown off the chains which have encumbered him for so long, only to find in some unexpected moment that his affliction has returned yet once more. Then it passes off again, and so on. This symptom reveals that the

stammer is of the type known as “Intermittent.”

Mental Attitude

With very few exceptions the sufferer from a speech impediment can speak without difficulty when alone in a room or in the presence of some pet animal such as a dog or cat, but as soon as another human being enters the room he commences to stammer. This fact is convincing evidence that stammering is due to a mental disturbance.

Whilst every stammerer realises only too well the severity of his handicap, he is not always equally aware that his attitude towards other people and towards life in general is usually almost as severe a hindrance as his faltering speech. Constant failures and humiliating experiences when speaking tend to make him unduly self-conscious and negative in outlook. Instead of looking for opportunities he is ever on the defensive, fighting shy of life and avoiding its responsibilities. He is frequently a victim of moodiness and feelings of depression and hopelessness. Although his affairs may be running smoothly he is filled with a vague uneasiness and dread of the future. He is apt to be irritated at trifles and to take offence at fancied slights and insults which have no existence except in his mind.

One of the heaviest burdens the stammerer has to carry is the feeling of isolation, of being "different from others," of being cut off from his fellows as if by an invisible barrier. Instead of enjoying social intercourse and cultivating friends and acquaintances, many sufferers adopt every possible artifice to avoid meeting people. While all the time there may be an inward longing for friendship and perhaps a secret envy of those whose ease and cheerful manner brings them friends in plenty, yet the majority of stammerers are held back from entering into happy social intercourse with others. The dominant feelings in the mind are usually despondency, depression and futility, instead of the feelings of happiness and success which every one of us has a right to enjoy.

Subterfuges

Only the stammerer knows the misery that is his owing to the constant subterfuges which he learns to employ in order to avoid as far as possible making himself conspicuous through his defective speech.

If he is walking along a street and sees someone he knows coming along in the distance he may cross over to the other side of the road to avoid having to greet the acquaintance. If the person concerned is walking in front of him he will avoid overtaking him.

When he wishes to enter a shop or office he will frequently wait until some other person enters, and he then follows immediately behind; or if before entering he sees that the assistant is already busy serving a customer he may wait outside until the customer leaves the shop.

The majority of stammerers avoid shopping as far as possible, and many resort to bribing a younger brother to run their errands. If they are forced to shop themselves they often write down their requirements. They try to avoid the many little tasks which other people do without thinking, but which often give intense mental torture to the stammerer.

To most stammerers travelling is a severe trial, for they find the greatest difficulty in speaking at a set moment, as is necessary when booking a ticket. When travelling by bus or train they take care to see that they have the exact fare with them so that they need not ask for change.

There is no limit to the peculiar deceptions to which the stammerer is forced, and while to the uninitiated these may appear to be foolish eccentricities, they are in reality the only means available to avoid humiliation and criticism, and are common to the majority of stammerers.

The Causes of Stammering

STAMMERING is an emotional or nervous speech disorder, the root cause of which is always psychological. It may be caused by an emotional shock, an emotional and physical shock combined; by an emotional conflict or desire to repress something distasteful to the personality. It may arise from some form of fear. The actual cause of a speech impediment varies with each individual, and we give here a brief outline of some of the more common psychological causes.

Cases often appear in delicate children, especially when there is some physical handicap which prevents the child from joining in with other children at work or at sports. This results in shyness and a sense of inferiority which makes the child timid of others and produces what is often spoken of as an "inferiority complex," a common cause of stammering.

We find a very large class of stammerers who have experienced some sort of fright or shock in early childhood. Often this has remained dormant for years and only developed into a stammer later on in life. Unthinking cruelty is responsible for many cases. Constant nagging and correction by parents, teachers or other children have produced a vast number of stammerers. A child must, of course, be trained and corrected, but

that is entirely different from ceaseless criticism all day long in an endeavour to make the child perfect.

The home life or environment of the stammerer is frequently one of the most important factors. Spoilt children easily develop a tendency to stammer when they are called upon to face difficult situations; whilst others suffer from the discordant influence of two parents of opposite temperaments, which is likely to produce the emotional instability conducive to a stammer. A child who is constantly called upon to show off by over-ambitious parents frequently develops an unnatural self-consciousness which may express itself in a stammer.

Contrary to popular opinion, left-handedness in children does not cause stammering. A child who is naturally left-handed is no more likely to develop a stammer than if he was right-handed unless he is brusquely forced into using the right hand. Stammering in the left-handed child is frequently caused in the first instance by a feeling of fear either that he will not perform his tasks properly with the right hand or that he will be punished for absent-mindedly using the left hand instead of the right hand.

The deliberate imitation or mocking of a stammerer causes a number of cases, though this cannot be said to

be a very common cause. The question of inherited stammering is dealt with fully on page 14, under the heading of *Fallacies*.

Under special stresses stammering is produced in adults, and during the Great War there was a large crop of stammerers as the result of the unnatural shocks of warfare. At the time of the world-wide business depression the shock of financial losses and fortunes swept away overnight was responsible for a number of cases of stammering amongst men of mature years.

It should be clearly understood that the stammer is the outward manifestation or symptom of a deeply rooted conflict in the subconscious mind. This conflict may be caused either directly in connection with speech or, as in most cases, by something quite unrelated to speech. It may result from either a combined mental and physical shock, such as an operation, falling off a bicycle, or being bitten by a dog. It can, again, occur after a weakening illness such as whooping cough or measles. The cause of the stammer may be a purely emotional shock or fear. In some cases the mental conflict is in connection with some painful memory that the child has pushed to the back of its mind, or repressed, to use the psychological term, with the result that later on this rises in another part of the mind and takes the form of a disturbance of normal speech.

An analysis of cases investigated by the Principal shows that over

90% of speech impediments arise in early childhood between the ages of 4 and 7.

Vocal and Mental Co-ordination

In speaking there are two distinct and separate factors. Firstly there is the thing we wish to say, the idea which we form in our mind which we desire to convey, and secondly there are the movements of the organs of speech by means of which we give utterance. In between these two things, our mental ideas and our audible movements, we have the series of words or language stored in our memories. The normal person gets an idea and wishes to speak and he subconsciously and automatically controls the vocal mechanism so as to produce the required sounds. The stammerer, however, has to a greater or lesser extent lost this power of automatic and subconscious co-ordination. The smooth working of his subconscious mind is hampered by fear, which expresses itself as a fear of particular sounds, words or letters, so that he fails to bring about the automatic co-ordination between the vocal and mental mechanisms. While he does not in all cases realise the fact, he is constantly on the look out for letters and words of which he feels afraid and on which he expects to stammer. Put in simple language it may be said that the normal person speaks without thinking of his words while the stammerer thinks about his speech, it having become partially a conscious process.

Some Common Fallacies

Heredity

One of the most common fallacies concerning stammering is the idea that it is an hereditary trouble which runs in some families. Owing to this incorrect belief many sufferers think that their impediment can neither be avoided or cured. They feel that it is something they must suffer all their lives, and due to this unfounded notion they may resign themselves to this unenviable fate. Comparatively few children stammer from the time they start to speak. In the vast majority of cases it is developed later on, usually not till after the child has spoken in a normal way for several years, and in some cases not until adult age is reached.

In many cases where stammerers think they have inherited their defect it is not due to heredity, but to imitation. When we speak of imitation in this sense we do not refer to deliberate stammering by one child to ridicule the defect of another, though this of course leads to stammering. By imitation in this sense we mean the natural imitation of the speech of others through which we all learn to speak. Imitation is an instinct strongly implanted in the child, who imitates everything he hears and repeats every new word. In some cases such as a family where the father and

two children all stammer, the reason that the children stammer is not that they were born stammerers but that when they commenced to speak they naturally imitated the sounds they heard their father making, just as every child does. As the father stammered they thus learnt to speak with a stammer instead of learning to speak normally. Often in a family when one child stammers a second child will develop it as the result of this perfectly natural imitation. No-one is born a stammerer. The only thing that can be inherited is a predisposition to stammer, which can be completely eradicated under a correct system of treatment.

Malformation

Stammering is sometimes erroneously attributed to a particular shape or malformation of the vocal organs. In years gone by, prior to the recognition that stammering is essentially a psychological trouble, this incorrect idea of physical defect led to many misguided and useless attempts at physical treatment. Stammering is not the result of organic defect. With very few exceptions the stammerer is able to speak freely when, for example, by himself in a dark room, and to whisper or sing without difficulty, while on some days his stammer troubles him

but little. If the stammer was caused by a physical defect it would not be worse in the presence of other people, and would not vary with the circumstances in which the sufferer finds himself. Stammering is purely a nervous and psychological trouble, and it has absolutely no relation to the physical formation of the vocal organs. It must be pointed out, however, that there may be unbalanced development of the vocal muscles, which, if present, must be remedied before the speech can become consistently normal.

Lack of Will Power

Sometimes people are inclined to blame the stammerer for stammering. They seem to think that he can speak correctly if he tries, and that it is just a matter of "will-power." To take up the attitude that it is the sufferer's own fault is nothing less than mental cruelty born of lack of understanding and insufficient knowledge of the subject. Those who have themselves suffered in the past know full well that what the stammerer needs is active help and sympathy rather than dogmatic assertions that the impediment is his own fault and that he need not stammer. The sufferer is not to be blamed, for he has not caused himself to stammer. His speech impediment is the result of some external influence which in the vast majority of cases was completely outside his control at the time at which it occurred.

Mannerisms

There is a widespread notion that the adoption of some mannerism will cure stammering, and suggestions along these lines are often made by well-meaning friends. Thus one says to you, "A friend of mine found that if he put a pencil in the corner of his mouth he could speak perfectly." Someone else tells you that all you have to do is to twiddle a penny in your pocket with your fingers while you are talking. Still another will say, "What you must do is to snap your fingers when speaking." There are many such ideas in common use, and they will always prove helpful to start with, but in the long run they are worse than useless. For the sake of example let us say that you commence to snap your fingers when you speak. Your attention is now concentrated on doing this, so that your speaking becomes less conscious and therefore more natural. You are almost certain to speak considerably better for some time. For how long you ask? The answer is for just as long as it takes you to become used to snapping the fingers, or whatever other mannerism you have adopted. As soon as you are used to doing it and it has become a habit you will do it without thinking about it. Your attention then reverts to your speech and you stammer as badly as before. In the sum total you are worse off than before for in addition to stammering you are now snapping your fingers!

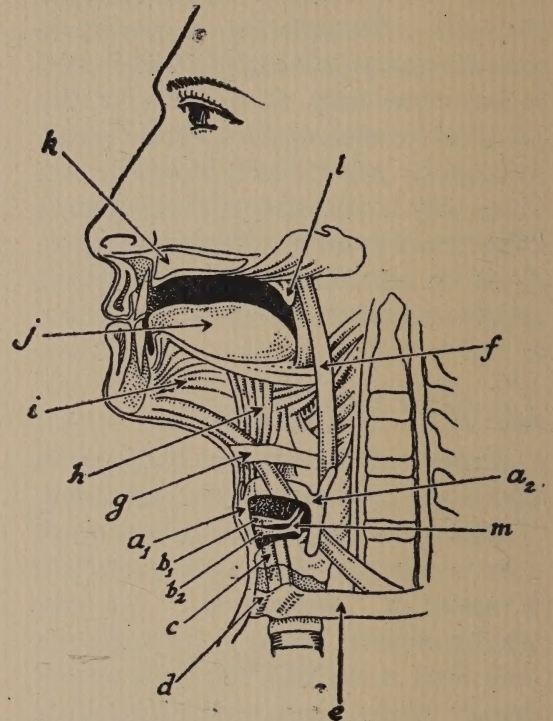
The Vocal Organs

AS everyone knows, the voice is produced by the passage of air from the lungs between the vocal cords, which reside in the throat. It is only when stretched by certain muscles that the vocal cords vibrate to produce sound; if it were otherwise, we should produce sounds at every outward breath. The person who speaks normally has the vocal cords under perfect control, producing sound as and when required; but with the stammerer, muscular tensions exist that render vocal control difficult or impossible. Sufferers are sometimes under the impression that some component of the vocal organs is defective, but in the majority of cases the voice apparatus is perfect; only control, or co-ordination is lacking.

Your vocal organs consist in the main of the larynx and vocal cords, with the lungs, tongue, lips and various cavities or sinuses as subsidiary or "assistant" organs.

The larynx, or "Adam's Apple" as it is commonly called, consists chiefly of cartilages, or gristly plates, three in number. First of all comes the Thyroid Cartilage. All you have to do to discover the position of the cartilage is to put thumb and finger on the "Adam's Apple" and go through the motion of swallowing. You will at once feel the thyroid cartilage move up and down; it is, roughly speaking, wedge-shaped in front. The ends of the two vocal cords are affixed to this cartilage.

The second important cartilage, called the Arytenoid, cannot be discovered by external manipulation of the throat, but we can locate the third, or Cricoid Cartilage. Move your finger downwards from the "Adam's Apple"



- (a) 1, 2 *Thyroid Cartilage*
- (b) 1, 2 *Vocal Cords*
- (c) *Cricoid Cartilage*
- (d) *Breast Bone*
- (e) *Collar Bone*
- (f) *Palato-Pharyngeal Muscles*
- (g) *Hyoid Bone*
- (h) *Hyo-Glossus Muscle*
- (i) *Genio-Glossus Muscle*
- (j) *The Tongue*
- (k) *Hard Palate*
- (l) *Soft Palate and Uvula*
- (m) *Arytenoid Cartilage*

to the small pit or hollow just above the breast-bone. Below the end of the wedge-shaped Thyroid Cartilage you will now feel the Cricoid in the form of a ring receding into the throat. The illustration shows exactly the relative positions of these cartilages.

The various parts of the larynx, including the vocal cords, comprise the mechanism of voice production. This mechanism is controlled by a number of all-important muscles, including the lips, the tongue and the upper throat or pharynx, which serve both in producing the voice and also in modifying its quantity and quality. Since we are not engaged in presenting a detailed anatomical treatise, we need mention among these muscles only the sternothyroid, the omohyoid which acts directly on the larynx, and the genio-hyo-glossus muscle controlling the tongue.

Intimately linked up with the muscles and cartilages is a most important bone—the Hyoid Bone. This can easily be felt by applying a gentle pressure with thumb and finger just above the “Adam’s Apple” and well back under the chin. Some persons call the Hyoid Bone the Tongue Bone, because the tongue, which is itself a most powerful muscle, has its roots in this bone. It is important for our purpose to note that the Hyoid is connected with the larynx. The Hyoid Bone is formed rather like a “wish-bone” and has long horn-like projections reaching back on both sides of the throat and below the tongue. The Cricoid and Thyroid Cartilages together with the Hyoid Bone make up the tubular character of the larynx.

Muscular Interplay

The complex muscular movements taking place in and around the larynx afford a great margin for inefficient control. The Cricoid

Cartilage, for instance, is surrounded with muscles growing upward into the Thyroid Cartilage above. When these same muscles contract abnormally they tend to draw down the Thyroid on the Cricoid. This downward pull is normally counteracted by the upward pull of the Hyoid Bone, which in turn is actuated by the powerful muscles of the tongue.

With the stammerer stresses and pulls are often set up in one or more of this complexus of muscles when these should be relaxed. The muscles of the thorax or chest, and in particular the diaphragm, are inefficiently controlled, and frequently the air from the lungs is expelled in a spasmodic, irregular manner.

When we wish to speak, the brain transmits impulses to the necessary muscles by means of the nervous system. The whole of the vocal organs, including the muscles, are in normal condition in the stammerer, but they are usually inefficiently controlled. The uncertain message from the brain together with the undue tension of the muscles brings about a faulty response. Breath is not co-ordinated with speech, so that perfect speech becomes almost impossible.

We cannot conclude this description of the vocal organs without stressing that it is impossible to eradicate stammering by dealing with the separate and often minute members of this complex organ of voice, either directly through exercises or in any other way. The basic psychological causes must first be overcome, and then the central control must be strengthened to ensure lasting results. When the root-trouble is removed and mental poise is built up the entire vocal mechanism responds faultlessly.

Scientific Diagnosis

TO ascertain his exact condition, the stammerer should obtain expert advice as to whether his case is one in which permanent correction is possible.

Contact with thousands of stammerers enables us to give valuable information in the diagnosis which we make of each individual case. The causes of the impediment and the stage to which it has developed are carefully investigated by the Principal of the Institute. A report is then made showing the condition at the present time, the procedure which should be adopted and whether the impediment can be satisfactorily corrected.

There are no two cases of stammering exactly alike, and while not apparent to those unfamiliar with the subject, individual peculiarities disclose to the expert factors of the utmost importance. Speech correction is a complex problem, and owing to the wide variation in individual cases a thorough diagnosis based on methodical study of the history of the case should always be made before treatment is commenced. Scientific diagnosis will reveal special difficulties that are likely to retard progress, while in a few cases it may reveal that a cure cannot be effected. It should be remembered, however, that there are very few cases that are incurable,

and a thorough diagnosis will almost always show that under proper treatment the speech impediment can be permanently corrected.

An expert diagnosis of your individual case will prove of the utmost value, for it will give you an authoritative report on your particular problems, and will tell you just what can be done for you. You are cordially invited to take advantage of the diagnosis of your case which we offer you without charge or obligation. This step may be the means of saving you considerable expenditure in the future, and will undoubtedly put you in possession of much information of vital importance to your future happiness.

Consultations

If you would like to see the Principal of the Institute personally to discuss your case in detail you may have the benefit of a Consultation without charge or obligation. Mr. Drayton Raw is always pleased to interview parents, relatives and friends as well as sufferers themselves.

It is necessary to make appointments in advance, and the "History of Case" Form should be filled in and brought to the Consultation. If you are unable to come for a Consultation a reliable diagnosis will be made from the written history of your case.

The Child Who Stammers

WHILE it is obvious that the adult who stammers is gravely handicapped in the competitive conditions which exist in life today, parents do not always appreciate the seriousness of a speech impediment in the child. It often happens that the stammerer is misunderstood at school. His inability to answer questions gives rise to a belief that he is dull, when in reality this is not the case. Owing to his speech difficulties he finds it almost impossible to keep up with the other children. The work of a whole class cannot be held up on account of one stammerer, and unless his teachers are possessed of unusual sympathy and understanding they are likely to become impatient with and eventually to lose interest in him, with the inevitable result that his education suffers.

Handicapped as he is in the classroom, he is at an even greater disadvantage in the playground. Children are notoriously cruel, and they frequently take a delight in making fun of those with speech impediments, who they are apt to regard as being subnormal.

Some parents regard stammering apathetically owing to the mistaken conviction that it will be outgrown. If they were aware that only a small percentage of children grow out of

their impediment they would not be content to leave the matter to chance, for stammering is a handicap even greater than many physical defects. No parent who understands the mental anguish and lost opportunities which are the invariable accompaniments of stammering will rest content until their child's stammer has been corrected.

The amount of time necessary to devote to treatment is small compared to its importance. In the majority of cases there is no need to interfere with normal education, though the vital necessity of regaining freedom of speech should take precedence before all else. Even scholastic achievements cannot compensate in everyday life for defective speech. Some of the saddest cases are those of men of first class education whose entire careers have been marred by their impediment.

Parents can rest assured that their children will receive the greatest care and attention throughout their treatment at the Institute. Our System has been consistently successful with boys and girls of all ages, from small children to those of public school age. Our former students have passed oral examinations which would have been impossible to them as stammerers.

The Experience of Others

IF you are about to set forth on a journey to some distant land you naturally seek information and guidance from those who have themselves visited the country. Who is so capable of giving you advice as the former stammerer who has trodden the road to Freedom of Speech ? On these pages you will find many letters from students who were once in just the position you are today. They know full well from bitter experience the many difficulties that confront the stammerer. The statements of these former students, and hundreds of others, will fill you with encouragement and inspiration, for their letters allow you to see a glimpse of the new life and happiness that awaits you outside the prison of your defective speech. Filled to overflowing as these letters are with heartfelt thanks and gratitude, there is also running through them a fervent desire that other sufferers may be lead to tread the same road which led them to freedom. Freed from the anguish of their former state, they take the liveliest interest in helping other sufferers. As you read their letters pay heed to what they say. They tell you positively that under this treatment stammering can be corrected. They say what they *know*, for each speaks with the voice of personal experience.

Dear Mr. Raw,

I would like to tell you that I passed the Cert. A exam ; but I am sure I would not have done so if I had not been able not only to answer the officer with confidence, but also, when I made a mistake when commanding my squad, I was able to say "As you were" and start again without losing self-confidence.

I conclude with a warm handshake.

I am,

Yours sincerely,

(Signed) J.G.S.

(Seven Months Later)

Dear Mr. Raw,

I am very glad to tell you that I am going on very well indeed. **I speak 100% better than I did this time last year.** My self-confidence is also greatly improved.

I am very grateful to you and I hope that I shall see you some more.

I remain,

Yours truly,

(Signed) J.G.S.

Dear Mr. Raw,

It is with very great pleasure I place on record my appreciation of your wonderful system.

I must say when I first visited you I had doubts as to the results, but from the very first contact with yourself I had no doubt whatever as to the ultimate success.

At the close of your course of lectures, I feel it almost impossible to express in writing what you have done for me, in regard to my speech and self-confidence. All stammerers know the dread of conversing with people, but now speaking in your system with confidence, it is a pleasure to speak to everyone. I had treatment from a number of specialists which did me no good. **The Drayton Raw System is the Only Genuine System that Never Fails, and I recommend it to all stammerers with Confidence.**

Thanking you for all the help you have given me.

Yours very sincerely,

(Signed) Mrs. M.H.

Promotion - Increased Salary - Taking up Dramatic Art

Dear Mr. Drayton Raw,

It is impossible for me to express the gratitude I feel for the wonderful confidence you have given me.

Before taking your course I had a stammer, of which I was acutely conscious, but now I really enjoy talking to people.

I gained such confidence that within a week I was able to face the Managing Director of my firm (to whom I was formerly terrified to speak) and ask for a rise of salary, which he was pleased to grant me.

I do hope that your electric personality and excellent system will continue to help others, as it has me—to lift them from despair to the zest of living.

Yours sincerely,
(Signed) Miss M.F.B.

(Two Months Later)

Dear Mr. Drayton Raw,

I have acquired a most amazing amount of confidence I should never have thought possible. In fact the days are not long enough for all the clubs, etc., I wish to join. By the way, **I am taking up Dramatic Art.**

A number of my friends have remarked on the change in me, and I know it has taken place myself. I thoroughly enjoy life these days.

You may be interested to hear that I have been given a higher position by my employers, and also that I was appointed head typist during her vacation, and was told I got on remarkably well with same. In fact I could write a book on my conquests.

My gratitude for your help in putting me on the road to success and happiness.

Yours sincerely,
(Signed) Miss M.F.B.

* * *

Dear Sir,

I must thank you for the help you have given me to cure my stammering. Before I commenced this course of classes I found it very difficult to ask for my ticket on the car, but

now, thanks to your system, I am able to ask for my ticket without the slightest trace of stammering. I also find I am much more confident when I speak to my employer. Once again thanking you.

Yours faithfully,
(Signed) C.K.

* * *

Dear Mr. Drayton Raw,

I was a bad Stammerer for 21 years before taking your system. I am completely cured of my Stammering, and feel absolute confidence and ease in my speaking both at my work and socially. The regaining of my freedom of speech has meant the opening up of a new life for me, and I pray that every Stammerer may be led to you so that through your splendid system they may become perfect speakers as I myself am now. I know that your System cannot fail to cure every stammerer who co-operates with you and uses it.

Yours sincerely,
(Signed) A.C.

* * *

Dear Mr. Raw,

I can hardly express my gratitude to you for what you have done for me. Your system is a revelation—so simple and yet so efficient. The worst stammerer, using it conscientiously, will become a perfect speaker. The psychological side of your treatment, is, to say the least of it, marvellous.

Hitherto, to me speaking was something of a penance; now it is a pleasure. I actually look forward to speaking in public. The self-confidence and the self-possession which I have developed, not alone in my speaking, but in my whole bearing and outlook, have opened for me the "gate of life" and **for the first time in my life I have begun really to live—and live joyously and happily.**

May you long continue in the good work which you are doing, and shout it from the housetops.

I am,
Yours very sincerely,
(Signed) F.G.

Perfect Speech can be Yours

AS you read through the many letters which this book contains you cannot fail to note the overwhelming gratitude expressed by former students for the freedom of speech which they have received. "I can never repay you for what you have done for me" is an expression that constantly recurs in letters from those who see before them a new lease of life—a life no longer clouded and darkened by the fear and humiliation of stammering. Remember that only a few short weeks before these letters were written the writers were stammerers, wondering whether this System could help them—fearful, perhaps, owing to some previous failure, hoping against hope. Then they made the decision which was to mean so much—more indeed than can ever be put into words, even in the deep sincerity and heartfelt gratitude so unanimously expressed. Resolve today that nothing shall hold YOU back from regaining perfect speech. Resolve that in a brief period of time YOU will write such a letter yourself. What has been done for hundreds of others can also be done for YOU.

Stammered for Twenty Years - Now Speaks in Public

For twenty years or as long as I can remember, I have been a very bad stammerer. In that time I have been to several classes, none of which did me a scrap of good.

I could not ask for my own bus ticket and in going out I would make quite sure of the right amount of coppers to give the man without having to speak.

If anyone had told me only a month ago that I could come before an audience and make a speech I would have said it was impossible, but I can, and like doing it. Why? Because I am doing something which I have never done before! It is wonderful to be able to go into a shop and be able to ask for just what you want.

As long as I live I shall never be able to repay Mr. Raw for what he has done for me.

(Signed) F.L.

Excellent Result Fully Maintained

Dear Mr. Raw,

Having taken your course of lessons for my hesitation in speech seven months ago, I am pleased I can definitely say that as the result I can now speak without any difficulty. I am glad to say that the excellent result obtained during the lessons has been fully maintained.

Again thanking you for the benefits I have received.

I remain,

Yours sincerely,

(Signed) C.L.

* * *

From a Gold Medallist in Elocution

As a student of elocution I must congratulate you on the wonderful results obtained by your System, more especially as they were obtained in such a short time.

(Signed) G.A., L.G.S.M. (Elocution).

The World's Finest System

Dear Mr. Raw,

Kindly accept my sincere thanks and appreciation for curing me of my stammering. I can now look forward to a bright future full of prosperity.

I sincerely hope that every stammerer may be brought into contact with you, as in my estimation, **your system of easy speaking is the world's finest.**

Wishing you every success in your splendid work.

Yours ever sincerely,

(Signed) G.S.B.

* * *

Horror of Certain Words and Letters Banished

Dear Sir,

I would like to express my appreciation of your system of speech. I have found it beneficial in my ordinary conversation at work and at home, but more particularly at work, as I have occasion to speak quite a lot. **I had an absolute horror of certain words and letters, which I can now speak in the system with confidence.**

Thanking you again,

I remain,

Yours sincerely,

(Signed) W.A.C.

* * *

Happiness from Normal Speech

Dear Mr. Raw,

When I first heard of you it inspired me with the thought of conquering my speech defect. As I look back now to when I joined your classes, **my only reason for joining them was to have an alibi to defend myself with when people criticized my speech.** I would have told them that I had been to a

speech instructor, but that he had not done me any good. Since I have been attending these classes however, I have acquired a new outlook on life and have been very happy. Some people think of happiness in terms of money, or other things, but **to me happiness is when in school or outside I speak normally, as I am now able to do at all times.**

Yours truly,

(Signed) L.R.

* * *

Even Parents had lost Patience

My dear Mr. Raw,

As I sit here and write this letter it seems incredible that I am the same girl of only a few months previous to this one, for I myself hardly feel that I am the same person.

A few months ago, my home was the only place considered to me as the open air, for then I had the privilege of speaking without hearing exclamations of pity and looking at surprised faces, but somehow even my parents seemed to lose all patience with me. I stammered terribly and this affliction was a cause of great embarrassment for me. **As far back as I can recall, I always remember myself as a stammerer. My father was a stammerer, and thus when I learnt to talk I imitated him.**

But I said, I was a stammerer. **I can now speak perfectly at all times without the slightest trace of stammering.** I never had any idea that my affliction could be eradicated from my speech, but you have proved it to me. **I am indeed 100% cured.** It has changed my whole outlook on life so that I now take every opportunity to meet other people and speak to them.

I thank you from the depth of my heart and I sincerely hope that other sufferers will not be foolish enough to overlook your lessons.

Very truly yours,

(Signed) Miss L.B.

The System Cannot Fail

Dear Sir,

I would like to express my appreciation of your method of curing stammering ; the system is so simple, and it **cannot fail to produce the desired result.**

I have derived great benefit from the course, and **I am happy to say I can converse freely, after 40 years of suffering.**

I do not hesitate to recommend your system to anyone afflicted with speech defects.

(Signed) A.F.

* * *

Not in the Least Nervous Now

Dear Mr. Raw,

I wish to thank you for all you have done for me. Since I took your course, I have improved tremendously. In my speech **I am 100% better.** I always had a horror of going anywhere and of meeting strange people, but now I am not in the least nervous and I could without any persuasion speak in public now.

Yours sincerely,

(Signed) Miss A.P.

* * *

One Hundred Per Cent

Dear Mr. Drayton Raw,

I would like to thank you by letter as well as I did verbally last evening for your invaluable tuition.

For years I have kept in the background owing to my complex make-up ; and I must confess that your **treatment for stammering and stuttering has had a marvellous effect on me. I am now 100% better.**

How I wish all who are affected in this way could have a course of your Studies.

I shall be glad to give anyone a personal recommendation on behalf of your System if they care to call or write to me.

Yours sincerely,

(Signed) W.G.W.

Better Position Obtained

Dear Mr. Raw,

Before I was under you eight months ago, I was a bad stammerer, but I am glad to say that now I am almost perfect in my speech.

The great confidence I have gained from your lessons, together with the freedom of speech, has enabled me to successfully interview the manager of — and obtain a better job.

I should never have been able to obtain this position if I had stammered at the interview, as I should have done eight months ago before your tuition.

Thanking you,

Yours sincerely,

(Signed) H.F.

* * *

Solicitor Interviews Clients Without Fear

Dear Mr. Raw,

I am writing to thank you for what you have done for me.

I have been a stammerer for over 40 years and have found it a big handicap in my profession (of Solicitor).

After attending the first three of your classes I found that I had gained self-confidence and was able to interview clients without the slightest fear that I should stammer.

I now feel that I could attend any public function and make a speech.

Yours very faithfully,

(Signed) C.H.M.

* * *

Method Cannot Fail

Dear Sir,

Having just finished a course of your system for stammerers, I would like to thank you for the wonderful result I have obtained. I had almost given up all hope of regaining normal speech.

It is good to know that your system will help people of all ages. In our class we had Mr.— and Mr.—, both who are nearing the age of 45 to 50. **To my mind your method cannot fail.**

In concluding, it is my own wish you should use my letter to convince others who are unfortunately cursed with a stammer. I thank you with all my heart for the new man you've made of me.

(Signed) D.H.

* * *

Uses Telephone for first time

Dear Mr. Raw,

For the first time in my 38 years I have used the telephone, which proves that stammering can be cured if people suffering from that, or any other inferiority complex, will only try your system. I am grateful indeed.

With every success in your helpful work.

(Signed) Miss E.C.

* * *

Speaks with Ease

Dear Sir,

I wish to thank you for the help your system has given me. I feel quite confident when shopping, and **I can speak with ease words which I used to fear. I have used the telephone for the first time in my life.** I wish that every stammerer could hear of your system and receive the help I myself have received.

(Signed) Miss A.S.

* * *

One Victory after the Other

Dear Mr. Raw,

I have been doing many things I wanted to do but lacked the self-confidence to go ahead and do them, but things seem different now.

I make speeches, ask questions and what looked so hard and embarrassing to me before, now has become a matter of fact occurrence. I forget I have a handicap and chalk up one victory after the other.

(Signed) J.J.R.

* * *

People Astonished at Freedom of Speech

Dear Mr. Raw,

After attending your classes for the correction of stammering, listening attentively to your lectures, and carrying out to the letter your instructions, I am bound to declare publicly that I can now carry on a conversation with ease and confidence. My people are astonished at my marked freedom of delivery of speech.

I desire to thank you very much for the interest you have taken in me.

Yours very truly,

(Signed) C.M.

* * *

From a Parent

Dear Mr. Raw,

I wish to thank you most sincerely for the great benefit my little daughter has received from your course of lessons. As a parent who was present at your class each evening, I had an excellent opportunity of watching the progress made by each pupil, and it was very wonderful indeed. Your system cannot fail to benefit everyone who joins your class.

The astonishing increase in self-confidence seen in every member of the class attests to the great value of your lectures on this subject.

Thanking you again for your valuable lessons, and wishing you all success.

I am,

Yours sincerely,

(Signed) Mrs. M.F.

The System that Succeeds

—where All others have Failed

TIME and time again unhappy men and women who had given up all hope of ever conquering their defective speech have won freedom under the Natural System. In hundreds of cases they had previously tried method after method without any lasting benefit. Read through these letters from former students. They tell you definitely and unmistakably that no matter how many methods you may have tried there is no need to despair. If these students had lacked the necessary courage and determination to make one last effort, what would be their state today? Do not make the mistake of thinking that nothing can be done for you. Do not resign yourself to carry this intolerable burden for the rest of your days. If, after your case has been examined you are accepted for treatment by the Institute, then you can be assured that your stammer can be permanently corrected. Surely you will take the opportunity to prove for yourself what this System, which has done so much for others, can do for YOU.

Dear Mr. Raw,

I feel I must write these few lines to thank you for what you have done for me. **I have been a stammerer for well over 30 years and I have tried six other methods.** Your system is the only one that has been of any help to me. I have now great hopes and am confident of the future.

Yours sincerely,
(Signed) A.L.J.

* * *

I have had instructions from about a dozen teachers who profess themselves to be experts, but there was something missing in them, and I did not benefit much.

Now I have found a real system, that for which I have so long sought, in Mr. Drayton Raw's. **This is the only one system which will never fail if the student co-operates.**

I can hardly express my gratitude to Mr. Raw.

(Signed) M.L.M.

Dear Mr. Raw,

I should like to thank you very much indeed for what you have done for me.

I have stammered for over fourteen years and had a fourteen weeks' course under another system. **In four days with you I improved more than in the fourteen weeks of the other course.** I positively enjoy speaking and take every opportunity of doing so.

Thanking you again and wishing you the best of success.

Yours sincerely,
(Signed) P.S.

(Three Months Later)

Dear Mr. Raw,

I am writing to tell you that I am very pleased with my speech. **I have given two public speeches in the school debating societies and have taken a platoon in the O.T.C. many times.**

Again thanking you very much for what you have done.

Yours sincerely,
(Signed) P.S.

Dear Mr. Raw,

I am writing to tell you how much I am indebted to you for your instruction and guidance. When I first heard of your treatment I was very sceptical, for I had tried three other systems previously with very little success. I confess that I went to your first lesson with very little hope, but I changed my mind after your first half-hour.

Some ten years ago I took a course of instruction called the — System, which helped me a good deal, but your system is immeasurably superior to the — system. I was as far advanced in two lessons as I was after a month of the previous treatment I had.

My own trouble is largely psychological and mental, and I enjoyed and benefited very much from your instruction in that direction. I improved more than I would have believed possible, and I am convinced that your methods are a certain cure for stammering.

Thanking you very much for your kindness, patience and valuable help to me.

With best wishes,

Yours sincerely,

(Signed) R.W.B.

* * *

Dear Mr. Raw,

I have attended some of the best known schools for the cure of stammering in America, and I was also under Mr. — for ten weeks.

I have derived more from the Drayton Raw System than from either of the foregoing. I believe without question that any sufferer from stammering or kindred speech defects can win complete freedom by following every day the system as taught by Mr. Drayton Raw. I recommend those seeking permanent relief from the dread of stammering to consult you without delay.

Very truly yours,

(Signed) J.D.

(The letters shown in this book, together with many others, may be seen at the Institute).

Dear Mr. Raw,

I am most grateful to you for what you did for me. I have been to several schools for Stammering both in Ireland and the U.S.A. and got no results, but I am more than glad to say that you have brought me through alright. I can now speak perfectly, thanks to you.

You can use this letter as a recommendation.

Yours sincerely,

(Signed) J. O'B.

* * *

Chartered Accountant Gives Auditor's Report to 500 People

Dear Mr. Raw,

Last night I was put to a severe test and came out of it with flying colours. I had to stand on a platform and give a report, as auditor, to a club with 500 members. I had to answer numerous questions, awkward and otherwise, and I was warmly congratulated on the lucidity of my report and explanations, so I could not have done badly. I am looking forward to the next occasion now.

I cannot thank you enough for what you have done for me and I look forward to seeing you again in the near future.

Yours sincerely,

(Signed) D.H.P., A.C.A.

(This gentleman, formerly a bad stammerer, had tried several methods without success).

* * *

From a Member of the Royal Society of Teachers

After attending Mr. Drayton Raw's Stammering Class, and having had private tuition also in teaching methods, I am of the opinion that it is a very successful system.

(Signed) Miss H.P., M.R.S.T.

Some Questions Answered

Question. Is there anything dangerous about the treatment given at the Institute ?

Answer. The Institute does not use either drugs or operations, or any form of medical treatment whatsoever. The treatment is purely psychological and re-educational, and is absolutely harmless.

* * *

Question. Some years ago I was cured of my stammering by Mr. Drayton Raw. I have recommended a friend to take the treatment, but should like to know if the present System is the same as that which I took myself ?

Answer. The Natural System used at the Institute is based on the original Drayton Raw System, but with a number of radical improvements on the former System. Each student receives personal and individual treatment, which is of the utmost importance in the eradication of the basic causes of the impediment.

* * *

Question. I have not had much education. Shall I be able to understand your treatment ?

Answer. The amount of education you have had will not make the slightest difference. Our System has proved itself equally successful with men and women who could scarcely read or write, as it has with university graduates and professional men and women. You will not find your lack of education any handicap or embarrassment as far as obtaining freedom of speech is concerned.

Question. What kind of people come to the Institute ?

Answer. Amongst the thousands of stammerers who have consulted Mr. Drayton Raw are represented every class and many different nationalities. Business men, professional men and women of high standing, public school and university students, are all to be found on the Register. Many students come from working class homes. Men, women and children of every class and age have lived to bless the day on which they took the fateful decision that led them to the conquest of their speech impediment. To each and every stammerer, irrespective of material wealth or social position, the British Institute offers the same great gift—Freedom of Speech.

* * *

Question. I have tried a number of different methods for my stammering without any permanent results, and I do not wish to spend further time and money. Do you consider my case hopeless ?

Answer. The methods you tried previously could not have eradicated the basic underlying causes of your stammer. Probably they merely treated the symptom or stammer itself. Our Natural System has proved successful with hundreds of cases where previous methods failed to give satisfactory results. We shall be pleased to go carefully into your case, and if we are unable to help you we will tell you so frankly. The Institute will not accept your case for treatment unless an analysis shows that your speech is capable of permanent correction.

Question. Owing to my lack of self-confidence I often get other people to run errands for me. Will your treatment overcome my self-consciousness ?

Answer. The development of Self-Confidence, Mental Poise and a Positive Personality is an integral part of the treatment given at the British Institute. It is this foundation that will ensure the permanency of your correction after the basic causes have been eradicated.

* * *

Question. Can my fear of having to speak on the telephone be overcome ?

Answer. Many stammerers who *never before in their lives* spoke on the telephone have amazed both themselves and their friends by using the instrument without the slightest difficulty and free from any trace of stammering. When you have regained your freedom of speech you will have no fear whatever of speaking on the telephone.

* * *

Question. I have had lessons in elocution and singing for some months with very little improvement in my speech. Should I continue this instruction ?

Answer. We have come into contact with thousands of stammerers, most of whom have

at one time or another taken lessons in elocution or singing without being cured of their defect. Vocal training of this nature leaves untouched the psychological causes of your impediment, so that no matter how long you continue it will not correct your stammer.

* * *

Question. I have been a stammerer for forty years. How can I be cured of a lifelong habit in a comparatively short period of time ?

Answer. Stammering is not a habit in the ordinary sense of the word. It is an expression or symptom of an underlying cause in the subconscious mind, as is fully explained elsewhere in this book. When this cause is removed you will speak freely. A stone in your shoe will cause you irritation just as long as it remains, but once the stone is removed the irritation ceases. The length of time for which the stone has been irritating you does not affect the period of time necessary to get rid of it. Similarly, when the primary cause of your stammer has been eradicated you will regain freedom of speech, irrespective of the length of time the stammer has been present. If your impediment is of very long duration it may take a little longer to correct, but the eventual result will be the same.

What is Your Question ?

If there are any questions you have in mind which you would like to ask, please write to us. We shall be glad to answer your questions without charge or obligation.

Will You "Grow Out of It" ?

IT would be hard to estimate accurately the number of stammerers who have gone through life handicapped by their speech impediment owing to the false hopes given to their parents that they would outgrow their defect. Nothing is easier to say than this, and it is very likely to be said when the person asked is unaware of the tendencies of stammering. Indeed, such a statement betrays a complete lack of understanding both of the causes of speech impediments and of the statistics concerning them.

Unjustifiable hopes that the sufferer is outgrowing his affliction are constantly raised by the periods of freedom which are characteristic of many cases of stammering. The type of stammering known as the Intermittent variety (see page 10), is largely responsible for the erroneous belief that speech impediments can be outgrown. The consensus of authoritative opinion on this point is fully confirmed by the statistics gathered by Mr. Drayton Raw. These show conclusively that only a fractional percentage of those who have not outgrown their stammer by the age of six or seven years ever outgrow it without scientific correction.

You are Judged by the Way You Speak

Your speech is an integral part of your personality. Day in and day out, both at work and in social life, people judge you very largely by the way in which you speak. You may have an attractive appearance and a keen brain ; be possessed of education, integrity and business ability ; but if you stammer all these desirable qualities are overshadowed in the minds of those with whom you come in contact. Your good qualities cannot make much of an impression while the dominant idea you create in others' minds is that you stammer.

Do Not Delay

" If only I had taken your treatment twenty years ago " is a phrase that is constantly reiterated by former stammerers freed from their impediment. They realise only too well how different would be their position today if they had obtained their release earlier in life. Do not delay, for this can only mean further years marred by your impediment. Determine that you are going to obtain perfect speech without delay and so fit yourself for a life of happiness and prosperity.

Freedom is Within Your Reach

An Investment

WHEN you spend money on something that is of permanent value to you it is usual to say that you are making an investment ; and in regard to freedom of speech you are unquestionably making an investment in your earning power and material prosperity as well as in your future happiness. In the past you have doubtless missed many opportunities and suffered innumerable humiliating experiences as the result of your stammering.

Apart from the personal and social aspects, however, consider the matter for one moment purely from a financial aspect. Ask yourself just how much your speech impediment has meant to you in terms of actual money. Would you be earning more today if you had not been a stammerer ? Is it a perpetual hinderance to your progress and advancement in your business or employment ? Have you had to face the humiliation of seeing others of lesser knowledge and abilities outstrip you in the race of life for one reason and one reason only—because you stammer ? You know only too well that there can be but one answer to these questions.

Perfect speech is an investment not only in happiness and joyous social life but also in actual money. This fact is amply proved by the experience of the many students who have obtained for themselves increases of salary, promotion and better situations as the direct result of their new-found freedom of speech.

Freedom Can Be Yours

As you have read through this book, you must have been impressed by the complete and inner knowledge of the subject which is manifest on every page. You must have been thrilled and inspired by the convincing testimony of former students who tell you that this Natural System has meant emancipation from the fetters of faulty speech. Now that you have weighed these things in your mind, you are asking yourself what the British Institute of Speech can do for *you*. We wish to answer this question clearly and definitely. It can do for you just exactly what countless others who formerly suffered from just the type of impediment which is holding you back today tell you it has done for them. It can give to you Freedom of Speech ! Freedom of Thought ! Freedom of Mind ! It can give to you a glorious Freedom which you can never experience until you have

cast aside for ever the shackles of stammering which for so long have held you in their grip.

When you have thrown off this smothering cloak, your own personality will unfold and you will take your rightful place in the world. You will commence a new era of your life in which you will enter into business and social life with your fellows as an equal, freed from the crippling handicap of your impediment. Think just what this will mean to you personally and to all those who are near and dear to you. Is it not worth any effort and sacrifice to rid yourself once and for all of this terrible affliction that stands between you and everything that makes life worth living? As long as you continue to stammer you are going through life handicapped in every direction. You know that this is no exaggeration, but is the plain fact. Mentally, physically, socially and financially, your stammer is frustrating you. Why go through life burdened with this affliction when it can be permanently corrected? Why suffer further humiliation when you can regain your freedom of speech?

Your Opportunity—Now!

The world withholds its richest rewards from those who live for ever in a state of uncertainty, unable to decide one way or the other. Success in life comes to the men and women of initiative and decision who seize

opportunities while others are 'thinking things over.' If in the past you have been inclined to let things slide, now is the time to take the decision that you are going to throw off for ever this paralysing handicap. Make the decision that nothing shall stand between you and Freedom of Speech, no matter what effort it may be to you. Actually the amount of time and money required is small indeed compared to the inestimable advantages you will reap every day of your life from the joy of Perfect Speech. Here at last is the opportunity for which you have waited so long. Freedom is within your reach. What has been done for others can be done for *you*.

You do not want to endure your affliction one day longer than is necessary. *Now* is the time to start treatment. If circumstances of business or finance prevent your commencing at once, decide that you will begin immediately you are able to do so. Take advantage of this opportunity to have an expert diagnosis of your case without charge or obligation. We shall be very pleased to arrange for a personal Consultation to discuss your case. If you are unable to come yourself send in your "History of Case" Form duly filled in. You will receive a report that will contain valuable and interesting information concerning your individual case. Take this first step on the road to Freedom today.



